

Resource	Name of resource (program/service)	Contact information for primary contact	How can this resource contribute to our health promotion effort?	What types of services does this organization provide?	Cost to Veteran
Chronic Disease Management	Diabetes Sigma Group	SLVHCS PACT Team	Diabetes Self-Management	Group sessions offered at all CBOCs via VTEL	Possible Co-Pay
	CHF Education	SLVHCS PACT Team or Cardiology Nurse Practitioner	CHF Self-Management	Group sessions offered at all CBOCs via VTEL	Possible Co-Pay
	Xavier College of Pharmacy and Health & Wellness Center	5110 Jefferson Highway Harahan, Louisiana 504-733-1127	Diabetes Self-Management	Healthy Cooking Class Healthy Living Seminars Healthy, Happy Weight Club Diabetes Management Medication Management	No Cost
	PTSD	PTSD consult entered by PCP or other staff member. As a part of intake a personalized treatment plan will be developed of group and/or individual therapy and psychopharmacotherapy	PTSD Self-Management	Offers individual and group therapy. This includes a 1 year outpatient treatment program of mostly weekly group therapy titled Trauma Wellness Recovery Program. Also offer Evidence Based treatments	Possible Co-Pay
	Diabetes Education and Awareness Group	Our Lady Of the Lake Regional Medical Center Auditorium 5000 Henessey Blvd. Baton Rouge, LA (225) 765-8020. The group at Our Lady of the Lake meets on the second Tuesday of each month at 6PM to 7PM	Diabetes Self-Management	The Diabetes Support group at Our Lady of the Lake meets on the second Tuesday of each month. Both patients of the Diabetes & Nutrition Center	No Cost
Fitness	Fitness Center	Membership is limited to MOVE participants only. Contact Primary Care Provider for MOVE consult. Location is at SLVHCS NOLA	Promotes 9HLM: Be Physically Active	Weight training, cardio training	No Cost
	MOVE!	Primary Care Provider	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Weekly at all clinic sites. On site Weight Management Classes provided at all clinic sites. Individual Weight Management sessions provided by Registered Dietitians at all clinic sites	No Cost
	Walking Trails	SLVHCS: Hammond, NOLA, Slidell, St. John CBOCs	Promotes 9HLM: Be Physically Active	Veterans are also invited to join the walking club at these CBOCs (see PACT Team for schedule) . Walking trails closes at dusk.	No Cost

	MARTIN LUTHER KING COMMUNITY CENTER	4000 Gus Young AvenueMon-Fri, Sam-5pm(225) 389-7804 tamar@brgov.com kdavenport@brgov.comcontact person: Tasha Clark-Amar, DirectorKathy Davenport, Assistant Directorhttp://www.brgov.com/dept/mik/default.asp	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight, and Be Physically Active	Nutrition and Fitness	No Cost
	Catch A Lift	Website: http://www.catchaliftfund.com/E-mail: info@catchaliftfund.com Phone: 1-855-496-4838	Promotes 9HLM: Be Physically Active	CATCH A LIFT ("CAL") is a non-profit organization that assists wounded service members from the Iraq and Afghanistan wars with starting their healing process and maintaining their mental and physical health through physical fitness. CAL provides gifted gym memberships or in-home gym equipment to wounded post 9-11 veterans anywhere in the United States.	FEES: none. AREA SERVED: Baton Rouge. ELIGIBILITY: sixty and over. FUNDING: federal, state, donations.
	St Maria Goretti Catholic Church	7300 Crowder New Orleans 504-242-7554 stmariagoretti@smgnola.com	Promotes 9HLM: Be Physically Active	Aerobics	No Cost
Nutrition	The LA Commodity Supplemental Food Program (CSFP)	http://www.dhh.louisiana.gov/offices/page.asp?id=269&detail=6355	Promote 9HLM: Eat Wisely	The CSFP is designed to improve the diets and health of the following kinds of low-income persons: Pregnant women up to one year following the birth of their child Women up to one year following the birth of their child, Babies, Children up to their sixth birthday, Men and women who are at least sixty years old	No Cost
	Locally grown, organic food in New Orleans and Baton Rouge Metro Areas	Local Harvest; http://www.localharvest.org/	Promote 9HLM: Eat Wisely	A Web site to find farmers' markets, family farms, and other sources of sustainably grown food in your area	No Cost
	East Baton Rouge Council on Aging - Baker Senior Center	Aged - Nutrition (LIS) Aged - Recreation (LIS) Senior	3334 Jefferson Street,Baker, LA 70714Mon-Fri, 9am-2pm(225) 775-7846 contact person: Glenda Wiegel or Karen Temple, (225) 774-	Baker Senior Center provides information and referral services relative to opportunities and services for persons sixty and over. Center activities include exercise, health screening, billiards, trips to casinos, and monthly pot lucks and birthday parties. Parties on holidays. Speakers available for public functions.	FEES: none (\$1.50 donation accepted for lunch). AREA SERVED: Baker, Brownsfield, Central.

7846					ELIGIBILITY: persons aged sixty and older. FUNDING: state grant.
EAST BATON ROUGE COUNCIL ON AGING - MEALS ON WHEELS AND CONGREGATE NUTRITION PROGRAM	Aged - Nutrition (LIS) Food (LIS)		5790 Florida Boulevard, Baton Rouge, LA 70806;Mon- Fri, 8am-4:30pm;(225) 923-8000, extension 214	Meals on Wheels clients may receive one hot or frozen meal per weekday (or five frozen meals at one time for the week). Service is provided to temporarily or permanently disabled, elderly and handicapped persons in the parish who are unable to prepare their own meals. Meals are delivered by paid drivers using their own transportation. There are fifteen congregate meal sites; senior citizens gather to have lunch and socialize. Also known as Senior Nutrition Program.	ELIGIBILITY: homebound elderly in greatest need. FEES: service may be purchased.
East Baton Rouge Council on Aging - Dumas Senior Center	1313 North Sherwood Forest Boulevard, Baton Rouge, LA 70815 Mon-Fri, 9am-1 pm (225) 389-4990 contact Jackie McQueen, Director of Activities		Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Dumas Senior Center provides education, recreation, health screening. Meals served daily (Congregate Nutrition Site). Monthly educational programs. Out-of-town trips. Project Care utility assistance by appointment. Coffee served and dominoes played every morning; pokeno daily after lunch.	FEES: none. AREA SERVED: Baton Rouge. ELIGIBILITY: sixty and over. FUNDING: federal, state, donations.
Food for Families	Catholic Charities		Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	800-522-3333	Emergency Food Bank
Second Harvest Food Bank GNO	Second Harvest Food Bank GNO		Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	504-734-1322	Emergency Food Bank, 2nd Helpings Mobile Pantry
INTERFAITH FEDERATION OF GREATER BATON ROUGE - HOLY GRILL	6000 Cadillac Street, Baton Rouge, LA 70811 Mon-Fri, 10am-3pm (225) 267-5600 Margaret Johnson (225-267-5600) or Robin McCullough-Bade (225-267-5600) http://www.ifedgbr.com		Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Serves a free hot lunch to the needy, disabled and elderly. Serving time is 12pm to 1 pm Monday through Thursday	No Cost

FIRST UNITED METHODIST CHURCH	930 North Boulevard, Baton Rouge, LA 70802 (225) 383-4777XYZ Centerfumcinfo@firstmethodist.org, contact Person: Sandra Loy, Church Coordinator	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	The Senior Adult Program offers variety of daily programs for senior citizens (arts, crafts, men's coffee, exercise, trips, pottery, life writing and therapeutic care for the frail). Senior Adult Program (Formerly called XYZ Center) meetings are held on the second Wednesdays of the month, 10:30am at First United Methodist Church	No Cost
JEWEL J. NEWMAN COMMUNITY CENTER (NORTH BATON ROUGE COMMUNITY CENTER)	2013 Central Road, Baton Rouge, LA 70807. (225) 775-6815 jbankston@brgov.com or nbrcc@brgov.com contact person: Carl Slaughter http://www.brgov.com/deptinbrcc	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Offers a variety of activities for recreational and theatrical events. Houses agencies of the Office of Social Services, an emergency food pantry, tutoring programs and the Earl K. Long Outreach Clinic. Contains local offices of Councilman Addison	No Cost
FAITH SEVENTH-DAY ADVENTIST CHURCH	7330 Mickens Road, Baton Rouge, LA 70811 ; 1405 Central Road, Baton Rouge, LA 70811. (225) 358-9300 - TumeshiaHasselCage@yahoo.com . Contact person: Raynell Smith, Pastor	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Programs include quilting, sewing, Thanksgiving basket, Christmas dinner, receptions. Gives general assistance to citizens in filling out forms. Distributes commodities and food to needy families. Distributes donated clothes and other items. Dental and Medical clinic, call for details. Functions as a COA meal site for seniors.	ELIGIBILITY: Criteria for social services.
CHANEYVILLE COMMUNITY CENTER	13211 Jackson Road, Zachary, LA 70791.Mon-Fr, 8am-4:30pm.(225) 654-3309; contact person: Karen Naquin or Ann Cox http://www.brgov.com/depticccdefaultasp	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Programs include quilting, sewing, Thanksgiving basket, Christmas dinner, receptions. Gives general assistance to citizens in filling out forms. Distributes commodities and food to needy families. Distributes donated clothes and other items. Dental and Medical clinic, call for details. Functions as a COA meal site for seniors.	ELIGIBILITY: Open, individuals may call the listed number and leave a message. They will then be contacted to set an appointment.
THE CENTER, INC.	Mon-Fri, 6:30am-5pm;(225) 357-8977, thecenterinc@aol.com; contact person: Angela Weir	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Adult Day Health Care: Nonprofit day care for elderly and disabled adults eighteen and older. Provides case management, nutrition, recreation, health, transportation, and social services to adults. Speakers available by request.	AREA SERVED: Baywood, Pride, Rural Zachary (70791, 70707, 70739). ELIGIBILITY: depends on income and

					number in the family. FUNDING: city-parish.
	East Baton Rouge Council on Aging - Baker Senior Center	5790 Florida Boulevard, Baton Rouge, LA 70806;Mon-Fri, 8am-4:30pm;(225) 923-8000, extension 214	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Dumas Senior Center provides education, recreation, health screening. Meals served daily (Congregate Nutrition Site). Monthly educational programs. Out-of-town trips. Project Care utility assistance by appointment. Coffee served and dominoes played every morning; pokeno daily after lunch.	ELIGIBILITY: adults medically and categorically approved by the Department of Health and Hospitals. FUNDING: Medicaid, private pay, donations and Veterans Administration,
	The LA Commodity Supplemental Food Program (CSFP)	STATE OF LOUISIANA	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	The Louisiana Commodity Supplemental Food Program (LA CSFP), one of thirty-two CSFP state programs nationwide, is currently the largest CSFP in the country. As of 2006, our sole local agency, Food for Families/Food for Seniors, is allowed to serve a maximum of 78,763 clients each month.	Provides basic food for individual and family. Provides nutrition education

Food for Families	800-522-3333	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Emergency Food Bank	FEES: none (\$1.50 donation accepted for lunch). AREA SERVED: Baker, Brownsfield, Central. ELIGIBILITY: persons aged sixty and older. FUNDING: state grant.
Second Harvest Food Bank GNO	504-734-1322	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Emergency Food Bank, 2nd Helpings Mobile Pantry	No Cost
Famers Markets in New Orleans Area	http://www.localharvest.org/	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	fresh produce and fruits are available for purchase	Market Price
EAST BATON ROUGE COUNCIL ON AGING - MEALS ON WHEELS AND CONGREGATE NUTRITION PROGRAM	5790 Florida Boulevard, Baton Rouge, LA 70806;Mon-Fri, 8am-4:30pm;(225) 923-8000, extension 214	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Meals on Wheels clients may receive one hot or frozen meal per weekday (or five frozen meals at one time for the week). Service is provided to temporarily or permanently disabled, elderly and handicapped persons in the parish who are unable to prepare their own meals. Meals are delivered by paid drivers using their own transportation. There are fifteen congregate meal sites; senior citizens gather to have lunch and socialize. Also known as Senior Nutrition Program.	No Cost

	East Baton Rouge Council on Aging - Baker Senior Center	3334 Jefferson Street, Baker, LA 70714;Mon-Fri, 9am-2pm ;(225) 775-7846 (225) ; Contact person: Glenda Wiegel or Karen Temple, (225) 774-7846	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Meals on Wheels clients may receive one hot or frozen meal per weekday (or five frozen meals at one time for the week). Service is provided to temporarily or permanently disabled, elderly and handicapped persons in the parish who are unable to prepare their own meals. Meals are delivered by paid drivers using their own transportation. There are fifteen congregate meal sites; senior citizens gather to have lunch and socialize. Also known as Senior Nutrition Program.	ELIGIBILITY: homebound elderly in greatest need. FEES: service may be purchased.
	East Baton Rouge Council on Aging - Dumas Senior Center	1313 North Sherwood Forest Boulevard, Baton Rouge, LA 70815;Mon-Fri, 9am-1 pm; (225) 389-4990; contact Jackie McQueen, Director of Activities	Promote 9HLM: Eat Wisely and Maintain a Healthy Weight	Dumas Senior Center provides education, recreation, health screening. Meals served daily (Congregate Nutrition Site). Monthly educational programs. Out-of-town trips. Project Care utility assistance by appointment. Coffee served and dominoes played every morning; pokeno daily after lunch.	ELIGIBILITY: homebound elderly in greatest need. FEES: service may be purchased.
Stress Management	Relaxation website			Videos of different nature scenes: ocean, mountain, fields, etc. It also has a narrator that walks a person through a sequence to induce relaxation. You can set it to play just the scene with nature sounds, the scene with background music, or the scene with the narrator guiding.	FEES: none. AREA SERVED: Baton Rouge. ELIGIBILITY: sixty and over. FUNDING: federal, state, donations.
	United Way of NOLA	Unitedwaynola.org		St. Tammany Suicide Prevention Support Program provides counseling and mental health services, access to assistance and follow-up, and includes a community awareness and intervention campaign. Emergency Food & Shelter distributes federal funds for food pantries and emergency assistance for rent, mortgage, and utility payments.	No Cost
	PMR exercise		Promotes 9HLM: Be Stress Free	PMR exercise	

	Audio files w/different types of relaxation exercises	www.calm.com	Promotes 9HLM: Be Stress Free	audio files w/different types of relaxation exercises	No Cost
	SLVHCS Support Group for Partners of Veterans	Referral made through Family Consult	Promotes 9HLM: Be Stress Free	Support group that meets every other week	No Cost
	SLVHCS PC-MHI Treatment	Primary Care Provider enters consult	Promotes 9HLM: Be Stress Free	Individual or group therapy depending on location, dates and times vary	Possible Co-Pay
	SLVHCS Grief Group	Family Consult	Promotes 9HLM: Be Stress Free	Offered weekly for Veterans and family members dealing with the loss of a loved one	Possible Co-Pay
	Relaxation website	http://www.allaboutdepression.com/relax/	Promotes 9HLM: Be Stress Free	audio files w/different types of relaxation exercises	No Cost
	Relaxation website	http://www.prevention.va.gov/images/relaxation_session_1.mp3	National Center for Health Promotion and Disease Prevention	audio files w/different types of relaxation exercises	No Cost
	National Center for Health Promotion & Disease Prevention	DVA	Information and resources for Health Promotion & Disease Prevention.	http://www.prevention.va.gov/docs/VANCP_HL_Screening_Tests_508.pdf	No Cost
	PC-MHI Treatment	SLVHCS	Short term individual psychoeducation and supportive treatment	Primary Care Provider enters consult	No Cost
Womens Health	Women preventive services	Primary Care Provider	Promote 9HLM: Be Involved in Your Health Care	Schedule annual visit with PACT team. All annual preventive screens will be ordered at that time	No Cost
	WOMEN SHELTERS Louisiana	STATE OF LOUISIANA http://www.usattorneylegalservices.com/women-shelters-Louisiana.html	Provides shelter for individual and family	Women Shelters Louisiana provide help and assistance to victims of crime and abuse involving domestic violence, sexual assault and rape.	No Cost

	Women, Infants & Children Program (WIC)	http://new.dhh.louisiana.gov/index.cfm/page/942	Provides basic food for individual and family	WIC provides nutritious foods, nutrition information, and referrals to other health and social services. The foods provided may include: infant formula and cereal, adult cereals low in sugar and high in iron, milk (and lactose-reduced milk), cheese, juice, eggs, peanut butter or dried beans/peas, carrots, and canned tuna. Shelters, social services, housing, food, clothing	No Cost
	New Orleans Women's Shelter	Website: http://www.nolawomenshelter.org 504-442-1683	Provides basic food for individual and family	The New Orleans Women's Shelter seeks to provide a safe, resource rich space to empower residents on their paths towards independent, sustainable living. We offer food, shelter, and intensive case management, directing residents to the resources they need including health care, job training, education, childcare, and housing	No Cost
Get Recommended Vaccines and Screening Tests	National Center for Health Promotion & Disease Prevention	Primary Care Provider http://www.prevention.va.gov/Be_Involved_in_Your_Health_Care.asp	Promote 9HLM: Be Involved in Your Health Care	Schedule annual visit with PACT team. All annual preventive screens will be ordered at that time	Possible Co-Pay
Be Safe - Drive Safely - Avoid Falls - Avoid Sexually Transmitted Infections	Substance Abuse Treatment Program	504-442-1683	Outpatient only. Offers groups in the morning, afternoon, and evening hours.	Primary Care Provider or any other health care provider enters a consult	No Cost
Limit Alcohol	PC-MHI Treatment	Primary Care Provider enters consult	Short term Individual treatment dealing with tobacco misuse	Short term individual therapy providing support helping to quit	Possible Co-Pay
Be Smoke Free	Tobacco Cessation	Primary Care Provider	Short term Individual treatment dealing with tobacco misuse	Group sessions offered weekly beginning 1 st week of month. (Most veterans opt for National telephone quit lines or Internet tobacco cessation support.)	Possible Co-Pay
	Quit VET	1-855-QUIT VET (1-855-784-8838). Monday-Friday, 8 am-8 pm ET.	A national, proactive, toll-free smoking cessation quitline. Trained smoking cessation counselors	Counselors discuss strategies to prevent smoking relapses and will make up to 4 follow-up telephone calls to Veterans to help them stay quit	No Cost

			provide Veterans with individualized telephone counseling as well as help them develop a personalized quit plan.		
Substance Abuse	SATP	504-539-5744 to contact the office and schedule an appointment. Or contact Ms. Oubre, Ms. Schultheis, or Mr. Adams for specific information about the program. In Baton Rouge contact Dr. Reinwald.	Short term Individual treatment dealing with substance abuse	Outpatient Only. Offers groups in the morning and afternoon hours.	No Cost
Support Services	Caregivers	Wendy.rachel@va.gov 985-690-6906		Financial Support to the caregivers of OEF/OIF/OND veterans	No Cost
Counseling Services	Couples Counseling	Team Leader – Dr. Fred Sautter	Family Consult	Family Consult	Possible Co-Pay
	Support Group for Wives of Veterans	Allison Abel is contact person. Referral can be made through a Family Consult	Family Consult		Possible Co-Pay
	Grief Group	Danielle Rosenfeld is contact person	Family Consult	Offered weekly for Veterans and family members dealing with the loss of a loved one	Possible Co-Pay
	Family Therapy	PTSD consult entered by PCP or other staff member. As a part of intake a personalized treatment plan will be developed of group and/or individual therapy and psychopharmacotherapy	Family Consult	Offers individual and group therapy. This includes a 1 year outpatient treatment program of mostly weekly group therapy titled Trauma Wellness Recovery Program. Also offer Evidence Based treatments	Possible Co-Pay
Homeless Program	Homeless Resources	Referrals accepted from all staff. Office is located at 3426 Canal 504-539-5746.		Resources for healthcare provided by the HPACT. Resources for transitional housing and permanent houses. Individual and group sessions are also conducted. Case Management is also provided	No Cost